

P.L.A.Y. Program: Week 1

Day	Activity	Suggestions
Monday	Introduce the P.L.A.Y. Program to students. <input type="checkbox"/> It is a fun curriculum <input type="checkbox"/> 12 weeks in length and divided into 3 steps	Read appropriate materials from the <u>Teacher Folder</u> to class: <input type="checkbox"/> <i>Meeting The Health Education Standards</i> <input type="checkbox"/> <i>Inactivity: A National Concern</i> <input type="checkbox"/> <i>A New Focus: Activity</i>
Tuesday	10 to 15 minute activity break	<input type="checkbox"/> Let students play with balls, jump rope etc. <input type="checkbox"/> Prompt all students to do something physical even if it is walking around a designated area of your choice
Wednesday	10 to 15 minute activity break	Teach class an activity you enjoyed as a child.
Thursday	Discuss Step 2 with students <input type="checkbox"/> 3 weeks in length <input type="checkbox"/> Fun and noncompetitive games <input type="checkbox"/> 1 whistle blow = STOP! <input type="checkbox"/> 2 whistles blow = Toe-to-toe	<input type="checkbox"/> Review games from P.L.A.Y. game cards <input type="checkbox"/> Talk with other teachers, school liaison, or call P.L.A.Y Specialist if you have any questions about the games
Friday	10 to 15 minute activity break	Practice Classroom Management Skills outside <input type="checkbox"/> 1 whistle blow = STOP! <input type="checkbox"/> 2 whistles blow = Toe-to-toe